



NOVEMBER Senior Center Monthly Snapshot



November 1-2

FRIDAY | **SATURDAY**
9 a.m. to 5 p.m. | 9 a.m. to 4 p.m.

JURIED HANDCRAFTED,
ONE-OF-A-KIND GIFTS
ALL IN ONE STOP!

A Variety of Quality Crafts
Free Admission
Free Onsite Parking
Figgy Pudding Café



Special Events

Drop by to join us for some extra FUN! You won't want to miss out on these special events. **Call the Senior Center at 253-856-5150 for more information.**

Dementia Friends

Come join Dementia Friends Washington for a free information session about the common types of dementia, five key messages to know, communication tips and strategies, ways to take action, and resources and support. Free but registration is required. Call or email Katie to register: 206-685-6749 or karenadz@uw.edu

Tuesday, 10/10 9:30 a.m. - 12 p.m.



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Kent Senior Activity Center, 600 East Smith St., Kent, WA 98030
Monday - Friday: 8:30 a.m. - 4:30 p.m.
253-856-5150 • MyKentParks.com/50Plus



Special Events

Continued

Cost

Expanding Your Mind presents "Weird, Wonderful, and Worrisome Objects in Washington State's Museums" by Harriet Baskas

Most museums display no more than 10 percent of their holdings, often citing "not enough space" as the reason. But there are also a wide range of cultural, philosophical, political, environmental, historic, and even superstitious reasons why museums keep some objects from public view.

In this talk, explore a wide range of hidden objects found in the back rooms of museums in our state and around the country.

Wednesday,
11/13 1p.m.



Thanksgiving Luncheon

Friday,
11/15 12 - 1p.m. Sold Out

Social Security 101: Everything you wanted to know. A FREE workshop from Social Security.

- When are you eligible to receive retirement benefits?
- How does early retirement affect your benefits?
- Do you qualify for disability, survivors, and spouse benefits?

Go to SocialSecurity.gov/MyAccount to create a my Social Security account and print out your Statement before the workshop. All are welcome. Event is free.

Friday,
11/15 1:30 p.m.



Movie Matinee

Boys in the Boat
Callum Turner, Joel Edgerton, Hadley Robinson
Jack Mulhem, Courtney Henggeler, Luke Slattery

Tuesday,
11/19 1:45 - 4 p.m. Popcorn and Soda, \$.50 Each!

Drop-In Computer Lab

6 computers and 6 iPads with a knowledgeable staff to assist you.

Tuesdays 1 - 3 p.m.



Indian American Community Services

IACS invites you to the Kent Senior Activity Center Pop-Up. Programs include wellness and fitness, mental health support, fun activities, digital literacy, small business help desk, snacks, and more. Activities are open to all Kent Senior Activity Center participants! For more information contact seniorcoord@iaww.org or 253-234-9989 (ext 3).

2nd & 4th Tuesdays of the month.

2nd & 4th
Tuesday of
the month 12:30-3 p.m.



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Senior Center Deli and Café

Join us for a homemade meal that includes soup, salad, entree, dessert, and beverages. Every effort will be made to provide the published menu, but the Kent Parks Deli & Café reserves the right to make substitutions as necessary. Menus available at MyKentParks.com/50plus.



Cost

Lunch at the Senior Center

Lunch prices have changed this year to reflect current food and labor costs. Thank you for your continued support!

Daily

11:45 a.m.
- 1 p.m.

Regular: \$9
Reduced: \$5.50

Trips and Tours

Get out and enjoy a hike or nature walk to take in the beauty of Washington State, enjoy a round of golf, or get out on the water with us to catch some fish! **To learn more or sign up for future trip opportunities, check out pages 32-34 of the Fall Recreation Guide.**

Cost

Course #

Day trips

Boehm's Candy and Chocolate Company

Experience the sweet legacy of Boehm's Candies. Located in Issaquah, this candy giant has been crafting confections for 80 years. Tour the charming chalet where chocolate dreams come true, then savor a delightful no-host lunch at Coho Cafe. Bring money for lunch. Activity level: MODERATE - may not be appropriate for canes, walkers, or wheelchairs.

Wednesday,
11/6

9:30 a.m. -
3 p.m.

\$36

SC1544 01F

Red Wind Casino

Test your luck in Olympia with some gaming fun, then follow it up with a delicious lunch at the Medicine Creek Deli. Trip cost includes transportation and lunch for a hassle-free outing. Join us for a thrilling day of gaming and culinary delights! Activity level: EASY - no wheelchairs, walkers okay.

Thursday,
11/14

9 a.m. -
3 p.m.

\$59

SC1591 01F

Chateau Ste Michelle Winery & Tour

Explore Chateau Ste Michelle's renowned winery, boasting over 50 years of excellence. Delight in wine tastings featuring a variety of reds and whites. A bottle of red, a bottle of white, it all depends on your appetite! Register to join us for a memorable wine experience. Wine tasting fee included. MODERATE - no wheelchairs or walkers.

Wednesday,
11/20

9 a.m. -
4 p.m.

\$59

SC1594 01F

Outdoor Recreation

Get out and enjoy a hike or nature walk to take in the beauty of Washington State, enjoy a round of golf, or get out on the water with us to catch some fish!


To learn more or sign up for future trip opportunities, check out pages 34-35 of the Winter Recreation Guide.




Cost Course #

Hikes

<p>Cushman Trail</p>	<p>The Cushman Trail near Gig Harbor is a paved, multi-use trail that winds through wooded hillsides and down to the Sound. We'll hike 5 miles round trip then dine out for lunch at Tides Tavern on the Gig Harbor waterfront.</p>	<p>Tuesday, 11/12</p>	<p>7:30 a.m.- 4:30 p.m.</p>	<p>\$26</p>	<p>SC1196 01F</p>
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<p>Cross Country Ski Info Session and Workshop</p>	<p>Newer to the sport? In a classroom setting here at the KSAC, we will discuss equipment, accessories, ski maintenance, how to dress, and what to bring on day trips and extended travel adventures. Class is free, but registration is required. Send your registration request to John Fiskum at jfiskum@kentwa.gov.</p>	<p>Tuesday 11/19</p>	<p>10 a.m.</p>		
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<p>Snowshoe Info Session and Workshop</p>	<p>New to snowshoeing? In a classroom setting here at the KSAC, we will discuss snowshoe equipment, sizing, how to dress, and what to bring on day trips and extended travel adventures. Class is free, but registration is required. Send your registration request to John Fiskum at jfiskum@kentwa.gov.</p>	<p>Tuesday, 11/26</p>	<p>10 a.m.</p>		
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Outdoor Recreation

Continued



Fishing Trips

Tight Lines Sport Fishing Program Extensive angling program with guided and non-guided adventures every month. **Call 253-856-5150 for more information!**

FISHING PROGRAM 2024

We offer a wide variety of fishing trips, from day trips to overnight adventures. Contact John Fiskum for questions: 253-856-5163 or JFiskum@KentWA.gov

Chehalis River Guided Fishing	Join us for a guided salmon fishing adventure on the Chehalis River. A strong run of Coho is projected so our prospects for success are good. We'll fish with pro guides out of a comfortable jet sled. All tackle and equipment is provided. No prior salmon fishing experience is required. Guided Salmon fishing Chehalis River	Wednesday, 11/13	5 a.m. - 5 p.m.	\$295	SC1126 02F
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Golf No Events for November.

Health and Wellness

From a fully-equipped fitness center and both paid and FREE fitness classes, to support groups and individual health-care, we pride ourselves on offering a wide range of services to help keep your mind, body, and soul healthy!

				Cost	Course #
Fitness Center	Located at the Senior Center. Equipped with cardio and strength training equipment.	M-F	8:30 a.m. - 4 p.m.	\$2 Daily rate	
Fitness Classes	Yoga: Yoga helps ease tension, increases strength and flexibility, and improves overall health. No previous yoga experience needed. Beginners welcome. The instructor has over 20 years of teaching experience. Please bring a mat and 1 large towel. Instructor: C. Rosefield	Friday 11/8 - 12/23	9:30 - 10:30 a.m.	\$35	SC0804 02F

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Health and Wellness

Continued

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Fitness Opportunities	Exercise DVD: <i>Walk Away The Pounds by Leslie Sansone</i> Meet up with friends and enjoy a workout. It isn't just walking around the social hall; it's weights, walking, stretching, etc.	Monday & Wednesday	9:30 - 10:30 a.m.	FREE
	Chi Gong	Thursday	9:30 - 10:30 a.m.	FREE
	Tai Chi	Thursday	11 a.m. - 12 p.m.	FREE
	Line Dancing	Monday & Thursday	1:30 - 3:30 p.m.	FREE
	Fitness Class IACS: 2nd Tuesday of the month: Chair Yoga & Movement; 4th Tuesday of the month: Strength Training. Sponsored by Indian American Community Services, join us for a range of fitness classes for all activity levels! Open to all Kent Senior Activity Center participants.	Tuesday, 2nd & 4th Tuesday of the month	12:45 - 1:30 p.m.	FREE
Hula	Come Hula with us! Low impact aerobic movements to Hawaiian music. Learn the Olelo, Mele and Hula from the 50th state.	Monday & Friday	12 - 2 p.m.	FREE

Health and Wellness

Continued

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	<p>Social Support Group: Join us to meet new friends, talk about topics of interest or concern, and receive support and encouragement. <i>This group is facilitated by Valley Cities Behavioral Health Care.</i></p> <p>Mondays 10:30 - 11:30 a.m.</p> 
<p>Wellness Programs</p>	<p>Grief Support: Living through Loss: Join us in person to discuss grief, learn about healing, and receive support and encouragement. This group is facilitated by Valley Cities Behavioral Health Care.</p> <p>Wednesdays 10 a.m. - 11:30 p.m.</p> 
	<p>MS Support Group <i>For those caring for family or friends with MS, this is an excellent opportunity to share and learn with others.</i></p> <p>3rd Thursday of every month 1 - 3 p.m.</p> 
<p>Wellness Workshop</p>	<p>Be Well Workshop November: Healthy Eating as We Age 11/6 – Healthy Eating and Various Diets 11/13 – Eating Disorders - Anorexia, Bulimia, and its implications. 11/20 – Latest buzz on Superfoods, Non-dairy milk, and alternative nutrition. 11/27 - B Vitamins - Impact on your Health</p> <p>Wednesdays 1 - 2:30 p.m.</p> 
<p>Individual Counseling</p>	<p>One-on-one counseling sessions are provided by Valley Cities Counseling; appointments are held via phone or Zoom. Call us at 253-856-5150 to schedule an appointment. This program is funded by the King County VSHS Levy. By Appointment only.</p> 
<p>Puzzle Experience</p>	<p>Receive themed puzzles regularly. Email SeniorActivityCenter@KentWA.gov with your request.</p>

Health and Wellness

Continued

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Health Services

Blood Pressure Monitor

Wednesday

9 a.m. -
12 p.m.



State Health Insurance Board Advisory (SHIBA) meetings are the second Monday of the month by appointment only.

Health Insurance Counseling

*Immediate assistance
HELP LINE 1-800-562-6900.
Call 253-856-5150 to
schedule appointment
covers Medicare, Managed
Care Medicaid and Long -
Term Care*

*Schedule
Appt.*



Haircuts

*Appointments are on first
Monday of the month.
Contact the Kent Senior
Activity Center at 253-
856-5150 to schedule
an appointment.*

*Schedule
Appt.*

\$15

Foot Clinic

**Call 253-856-5159
to schedule
appointment.**

*Services provide by
licensed nail technicians.*

*Schedule
Appt.*

\$35



Health and Wellness

Continued

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Health Services

Senior Legal Clinic *by Iddins Law Group*

*Iddins Law Group will be here on the third Friday of each month to offer legal advice and discounted services to seniors. **Call the Senior Center at 253-856-5150 to schedule your complimentary consultation.***

Schedule Appt.

Elder Law *by Sound Generations*

*Elder Law Clinic is held the 2nd and 4th Friday of each month and helps with senior/aging legal issues. **Call 206-448-5720 to schedule an appointment.***

Schedule Appt.

Hopelink Transportation Resource Help desk

*Stop by to learn more about your transportation options and resources! Free info will be available to attendees and will cover the following topics:
ORCA Program
King County Metro
Services Volunteer Driver
Programs Travel options
advising and referrals*

*1st Tuesday of the month
10:30 a.m. - 12:30 p.m.*



Classes

Expand your mind and get creative with this month's class offerings!

Learn more on page 42 and 43 of the Winter Recreation Guide

		Cost	Course #
Beginning Drawing	<i>Come join us for a basic drawing class that will be done in black and white. Using pencils, pens, and other instruments. All supplies provided.</i>	\$60	SC0502 01F
Medicare Made Clear - Seminar	<i>Come join us for a basic drawing class that will be done in black and white. Using pencils, pens, and other instruments. All supplies provided.</i>		
Medicare One on One Help Desk	Perfect for Medicare beneficiaries. Learn how to maximize your benefits: ordering over-the-counter products, finding in-network gyms, and setting up your Medicare.gov account. Bring your Medicare card and questions. Our independent Medicare Broker is here to help—unaffiliated with the Federal Medicare Program or SHIBA. No registration or appointment required. First Monday of each month.		
Learn How to Save Money on Prescriptions - Seminar	Save money on prescription drugs! We will cover online coupons like GoodRX, online pharmacies like Costplus Drugs and Canadian Mail Order. No registration required. First Wednesday of each month		
United Healthcare Presentations with Ginny Kortesoja	<i>Come to this presentation to learn more about United Healthcare.</i>		
Senior Spanish Classes	Beginning Spanish - Classes are taught by retired Spanish instructors. Class is free, but registration is required.		SC0101 02F
	Advanced Spanish - Are you proficient in Spanish and want to expand your skills? Class is taught in Spanish. Class is free but registration is required.		SC0101 03F
Ukulele	<i>Come learn to play the ukulele, beginners welcome!</i> 2nd and 4th Tuesday		

Clubs and Groups

Whether you like to read, craft, color, or carve, join like-minded individuals at one of our weekly clubs! All are welcome to join. **Learn more about each club on page 42 of the Winter Recreation Guide.**



			Time	Cost	
O'Brien Garden Club	<i>If you are interested in gardening, check out O'Brien Garden club. New members are always welcome. Contact Susan at 425-281-0450. Annual dues are \$20 through April.</i>	3rd Friday of each month	10 a.m. - 12 p.m.	FREE	
	English & Spanish Conversation Practice Group: <i>Come join folk who like to practice their English or Spanish. A qualified instructor is here to help.</i>	Tuesday	10 a.m. - 12 p.m.	FREE	
	Fly Tying Group	Tuesday	10 a.m. - 12 p.m.	FREE	
	Woodcarving	Wednesday	10 a.m. - 12 p.m.	FREE	
	Bring your Own Craft	Wednesday	10 a.m. - 12 p.m.	FREE	
	Adult Coloring Club	Thursday	9 - 11:30 a.m.		
	Clubs	Kent Senior Stitchers <i>Knitting and crocheting projects created during Kent Senior Stitchers will be donated within our community.</i>	Tuesday	12 - 3 p.m.	FREE
		Poetry Club <i>Join us if you enjoy any or all aspects of poetry. No experience necessary. 1st & 3rd Friday of the Month</i>	1st & 3rd Friday of the month	10 a.m. - 11 a.m.	FREE
		Tattered Pages Book Club <i>Lightning Strike by William Kent Krueger</i>	Wednesday 11/16	1 - 2:30 p.m.	FREE
		Speedy Readers <i>The Dictionary of Lost Words by Pip Williams</i>	Wednesday 11/20	1-2 p.m.	FREE
Knot Quite Write Players <i>Do you like acting, directing, writing, stage support, etc.? Come join this active drama group, no memorization required! Contact Linda with questions: (206)427-8605.</i>		Friday	1:30 - 3 p.m.	FREE	

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Cards and Games

Who's ready to have a little fun? From card games to outdoor ping pong, we're ready for you to come and play! Pick up bags at the front desk.

Learn more on page 40 of the Fall Recreation Guide.



Cost

Bingo	Hillside Assisted Living and Weatherly Inn Kent will be hosting Bingo the 3rd Wednesday of the month, all senior center members are welcome to join! No buy in, free to play! Games, Fun, Prizes!	3rd Wednesday of the month	1:30 p.m. - 3 p.m.	
	Billiards	Tuesday-Thursday	8:30 a.m. - 4 p.m.	\$2.00
Games	Ping Pong	Monday & Wednesday	1:30 - 4 p.m.	
	Coloring and Puzzle Books Did you know the Kent Senior Activity Center has puzzle and coloring books for its participants? Come pick yours up, see the front desk if you have questions!			
Outdoor games	Corn Hole	Seasonal		
	Outdoor Ping Pong	Seasonal		
Cards	Bridge	Wednesday	12 - 3 p.m.	
	Hand & Foot	Wednesday & Friday	12:30 - 4 p.m.	
	Cribbage	Thursday	10:30 a.m. - 12:30 p.m.	
	Pinochle	Monday & Tuesday	12:30 - 3 p.m.	
	Mahjong	Monday	11:30 a.m. - 4 p.m.	
	Whist	Friday	12 p.m. - 4 p.m.	
	Mexican Train Dominoes	Thursday	1 - 3 p.m.	

Volunteer Opportunities

If you're looking for ways to get more involved at the Senior Center, check out our available volunteer opportunities!

Cost

Advisory Committee

The purpose of the Senior Advisory Committee is to provide counsel and liaison to Senior Center staff. The committee does not meet in July, August, or December. All meetings are open to the public. Second Friday of the month.

11/8
Friday

10 -
11 a.m.



Coffee Bar

Daily
8:30 a.m. -
12 p.m.



Meals on Wheels

Wed.

Deli & Café Lunch

Daily

Health Room Volunteers

Varies

Odds and Ends

Kent Senior Activity Center Outreach Coordinator

Do you need help with resources and services related to aging? Get connected to Kent Senior Activity Outreach Coordinator for a variety of issues related to aging. Housing, home repair, food insecurity, mental health, transportation, elder abuse, etc. **Call 253-856-5150 for more information.**

Notices

CHRISTMAS LUNCHEON TICKETS GO ON SALE!

Wednesday
11/13

\$4
Tickets
limited to
two per
person

Upcoming: Winter Program Guide and Registration

Kent Parks Winter Program Guides will be mailed out to Kent residents the last week of November, and registration opens Tuesday, December 10th. **Create an online account NOW at mykentparks.com/register to be ready for winter registration!**